Ordering Replacement Parts

If you encounter any difficulties with this product, or if you need to order replacement parts, call the ICON Health & Fitness, Ltd. office, or write:

ICON Health & Fitness, Ltd.
Customer Service Department
Unit 4
Revie Road Industrial Estate
Revie Road
Beeston
Leeds, LS11 8JG
UK

Tel:

08457 089 009

Outside the UK: 0 (044) 113 387 7133
Fax: 0 (044) 113 387 7125

When ordering parts, please be prepared to give the following information:

- the MODEL NUMBER of the product (WLEMMC14910)
- the NAME of the product (WESLO® AB DESIGNER)
- the KEY NUMBER and DESCRIPTION of the part(s) (see the PART LIST/EXPLODED DRAWING on page 7).

WESLO is a registered trademark of ICON Health & Fitness, Inc.

Part No. 179518 R0901A

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WESLO® •AB Designer

Model No. WLEMMC14910

QUESTIONS?

As a manufacturer, we are committed to providing complete customer satisfaction. If you have questions, or if there are missing parts, please call:

08457 089 009

Or write:
ICON Health & Fitness, Ltd.
Customer Service Department
Unit 4
Revie Road Industrial Estate
Revie Road
Beeston
Leeds, LS11 8JG
UK

email: csuk@iconeurope.com

⚠ CAUTION

Read all precautions and instructions in this manual before using this equipment. Save this manual for future reference.

USER'S MANUAL

Visit our website at
www.weslo.com

Important Precautions

- **Read all instructions before you use the WESLO® AB DESIGNER. Use the AB DESIGNER only as described in this manual.**
- **As you exercise, keep the small of your back on the floor; it may be necessary to raise your hips slightly.**
- **Keep your head on the headrest as you exercise.**
- **If you feel faint, dizzy, or short of breath at any time during exercise, stop immediately and begin cooling down.**
- **Before you begin this or any exercise program, consult your physician. This is especially important for persons over the age of 35 or persons with pre-existing health problems. ICON assumes no responsibility for personal injury or property damage sustained by or through the use of this product.**
- **A warning decal has been placed on the AB DESIGNER. If the decal is missing or illegible, contact our customer service department to order a free replacement decal.**

Before You Begin

Congratulations for purchasing the WESLO® AB DESIGNER. The AB DESIGNER is specially developed to shape your upper and lower abs and obliques to give you a firm, flat stomach, in only minutes a day. The AB DESIGNER supports your head and neck as you exercise, and helps you maintain correct form for maximum results. Used as part of a fitness program that includes regular aerobic exercise and a proper diet, the AB DESIGNER will help you to look better, feel better, and enjoy the benefits of greater fitness.

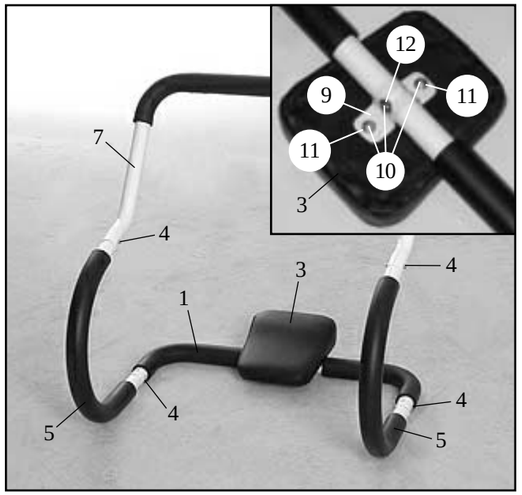
Before you use the WESLO® AB DESIGNER, please read this manual carefully.

If you have additional questions, please call our Customer Service Department at **08457 089 009**. To help us assist you, please note the product model number (WLEMMC14910).

Assembly

Follow the steps below to assemble the AB DESIGNER. **Read each step completely before beginning.**

1. Attach the Headrest (3) to the Headrest Tube (1) with the Headrest Bracket (9), two Screws (10), and two Flat Washers (11) as shown in the inset drawing. Tighten the remaining Screw (10) and the Curved Washer (11) into the hole in the centre of the Headrest Tube. **Make sure that the Headrest and the Headrest Tube are oriented as shown.**



2. Lay the Headrest Tube (1) on the floor in the position shown. Look at one of the U-tubes (5) and find the longest end. Press the Spring Clip (4) in the longest end of the U-tube, and insert the U-tube into one side of the Headrest Tube (1) as shown. Make sure that the Spring Clip snaps into the holes in the Headrest Tube.

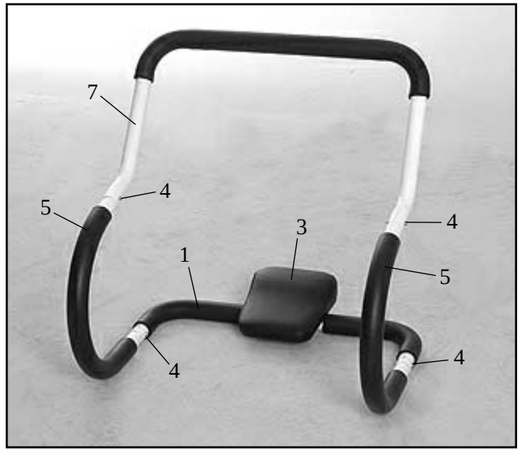
   Attach the other U-tube (5) to the other side of the Headrest Tube (1) in the same way.

3. Slide the Top Tube (7) onto the ends of both U-tubes (5) at the same time. Press the Spring Clips (4) in the ends of the U-tubes, and slide the Top Tube fully onto the U-tubes. Make sure that the Spring Clips snap into the holes in the Top Tube.

Storage and Maintenance

When you are not using the AB DESIGNER, it can be folded for storage. Follow the instructions below to fold the AB DESIGNER.

1. Press the Spring Clips (4) in the upper ends of the U-tubes (5). Pull the Top Tube (7) off the U-tubes.



2. Press the Spring Clip (4) in the lower end of one of the U-tubes (5). Rotate the U-tube toward the other U-tube and down until it is lying on the floor.

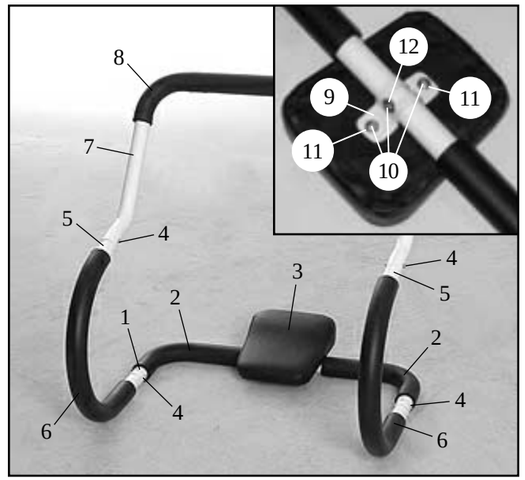
   Rotate the other U-tube (5) down in the same way.

The AB DESIGNER can be wiped clean with a damp cloth and mild, non-abrasive detergent. Do not use solvents.

Part List/Exploded Drawing

Key No.	Qty.	Description
1	1	Headrest Tube
2	2	Headrest Tube Foam
3	1	Headrest
4	4	Spring Clip
5	2	U-tube
6	2	U-tube Foam
7	1	Top Tube
8	1	Top Tube Foam
9	1	Headrest Bracket
10	3	Screw
11	2	Flat Washer
12	1	Curved Washer
#	1	User's Manual

Note: "#" indicates a non-illustrated part. Specifications are subject to change without notice.

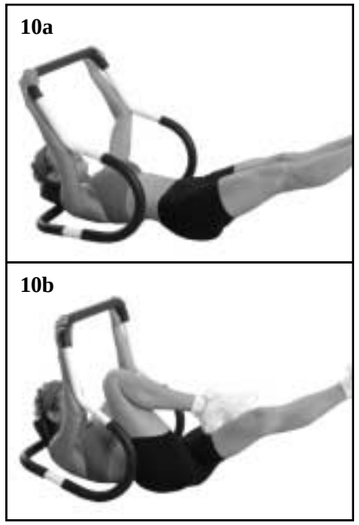


Expert Exercises

The expert exercises should be done only after you can comfortably perform the advanced exercises.

10. Bicycle Ab Crunch

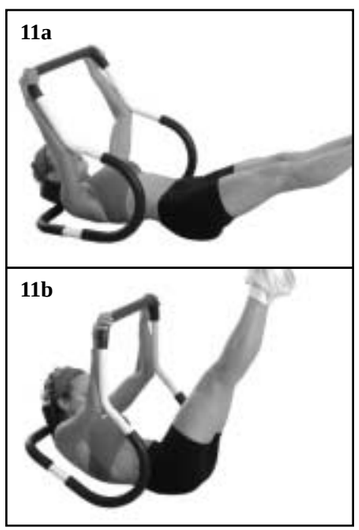
This exercise focuses on the lower abdominals. Straighten your legs and hold them off the floor as shown in photograph 10a. Curl up to about a 45° angle, bending one knee and raising it as shown in photograph 10b; then return to the starting position.



Complete 10 to 15 repetitions, alternating legs with each repetition.

11. Jackknife

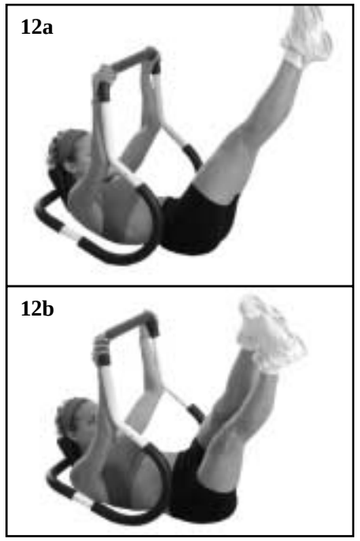
This exercise targets the lower abdominals. Straighten your legs and hold them off the floor as shown in photograph 11a. Curl up to about a 45° angle, raising both legs as shown in photograph 11b; then return to the starting position. Complete 10 to 15 repetitions.



Expert Exercises–Cont.

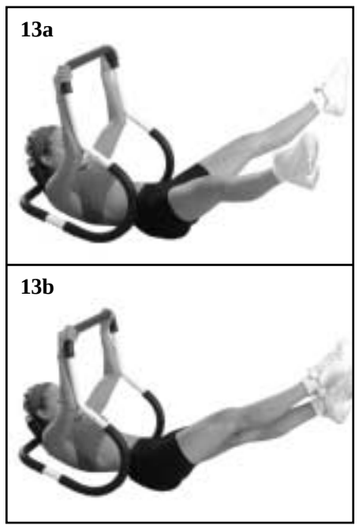
12. Reverse Trunk

This exercise focuses on the oblique abdominals. Straighten your legs and raise them as shown in photograph 12a. Curl up to about a 45° angle. This is the starting position. Lower your legs to the side as shown in photograph 12b; then return to the starting position. Complete 10 to 15 repetitions, alternating sides with each repetition.



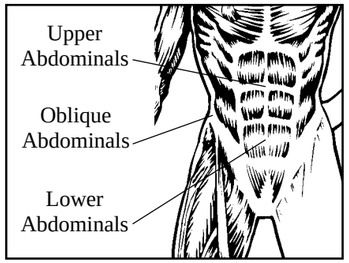
13. Scissors

This exercise focuses on the upper and lower abdominals. Hold your legs in the position shown in photograph 13a. Curl up to about a 45° angle. This is the starting position. Cross your ankles as shown in photograph 13b; then return to the starting position. Complete 10 to 15 repetitions, alternately crossing the right ankle above the left, and then the left ankle above the right.



Using the AB DESIGNER

The AB DESIGNER offers a variety of exercises that shape your upper, lower, and oblique abdominals. The photographs in this manual show the correct form for each exercise.



The exercises in this manual are divided into four groups: Beginning, Intermediate, Advanced, and Expert. Start with the beginning exercises, and progress at your own pace. Be careful not to overdo it during the first few weeks of your exercise program. It is better to increase the number of repetitions you do than to advance to more difficult exercises too quickly.

To get the most from your exercise, proper form is important. As you perform each repetition, use your abdominal muscles to pull yourself up, allowing the AB DESIGNER to “roll” with you. Keep your head on the headrest and the small of your back on the floor. If necessary, raise your hips slightly.

Always begin and end each workout with a few minutes of stretching. Remember to keep plenty of water nearby as you exercise, and drink periodically to avoid dehydration. **If you feel faint, dizzy, or short of breath at any time during exercise, stop immediately and begin cooling down.**

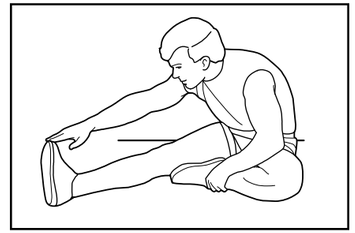
WARNING: Before you begin this or any exercise program, consult your physician. This is especially important for persons over the age of 35 or persons with pre-existing health problems. ICON assumes no responsibility for personal injury or property damage sustained by or through the use of this product.

Suggested Stretches

Begin and end each workout with a few minutes of stretching. Stretching prepares the body for exercise by increasing the body temperature, heart rate, and circulation. After exercise, stretching allows the heart rate to return to normal and the muscles to cool down gradually. Stretching is also effective for increasing flexibility. The correct form for three basic stretches is shown below. Move slowly as you stretch—never bounce.

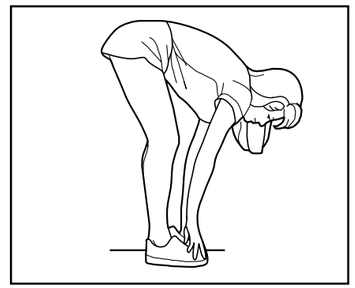
1. Hamstring Stretch

Extend one leg and rest the opposite foot against it as shown. Reach toward your toes and hold for 15 counts. Repeat 3 times for each leg.



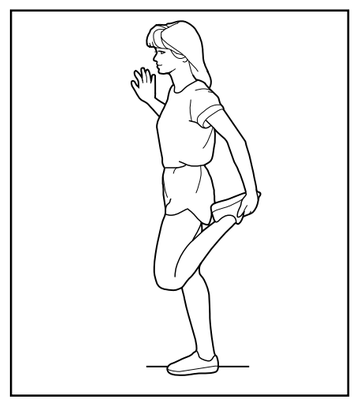
2. Toe Touch Stretch

Stand with your knees bent slightly as shown. Relax your back and shoulders as you reach down toward your toes. Hold for 15 counts. Repeat 3 times.



3. Quadriceps Stretch

Place one hand against a wall and grasp one foot with your other hand as shown. Hold your foot as close to your buttocks as possible, and hold for 15 counts. Repeat 3 times for each leg.



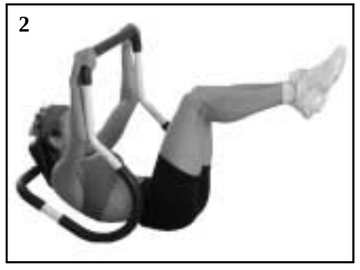
Beginning Exercises

Be sure to stretch for a few minutes before you begin.

1. Basic Crunch

This exercise targets the upper abdominals. Lie on the floor with your head on the headrest, hold the top tube, and bend your knees as shown. Curl up to about a 45° angle, and then lower yourself to the starting position. This completes one repetition. Perform 10 to 15 repetitions.

2. Basic Crunch with Raised Feet



This exercise focuses on the lower abdominals. This exercise should be performed in the same way as the Basic Crunch, except your feet should be held off the floor during the exercise. Complete 10 to 15 repetitions.

3. Basic Oblique Crunch

This exercise is for the oblique abdominals. Perform this exercise in the same way as the Basic Crunch, but turn your knees to the side as shown. Complete 5 to 7 repetitions, change your knees to the opposite side, and then perform another 5 to 7 repetitions.

Intermediate Exercises

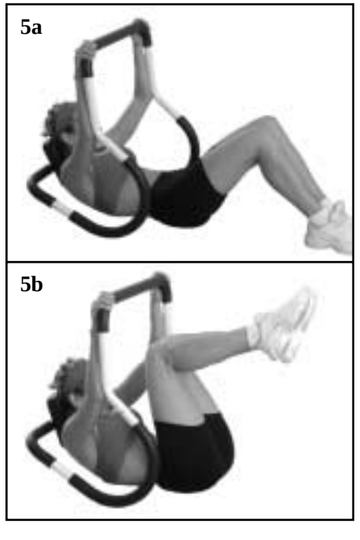
As your abdominal muscles become stronger, and you can comfortably perform several repetitions of the beginning exercises, it is time to move on to the intermediate exercises. Remember to stretch for a few minutes before you begin.

4. Raised-knee Crunch with Knees Held to Chest

This exercise focuses on the upper abdominals. Assume the Basic Crunch position, but bring your knees toward your chest as shown. Curl up to about a 45° angle, and then lower yourself to the starting position. Keep your knees raised throughout the exercise. Complete 10 to 15 repetitions.

This exercise can also be performed with your feet resting on a chair.

5. Raised-knee Crunch with Knees Lifted to Chest



This exercise targets the lower abdominals. The starting position is shown in photograph 5a. Curl up to about a 45° angle, bringing your knees toward your chest at the same time; then return to the starting position. Perform 10 to 15 repetitions.

Intermediate Exercises–Cont.

6. Raised-knee Oblique Crunch

This exercise focuses on the oblique abdominals. Bend your knees, turn them to one side, and hold your legs off the floor as shown. Curl up to about a 45° angle, then return to the starting position. Hold your legs stationary throughout the exercise. Complete 5 to 7 repetitions, change your knees to the opposite side, and then perform another 5 to 7 repetitions.

Advanced Exercises

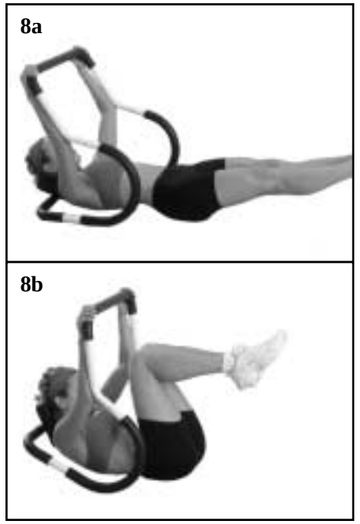
The following exercises are designed to further improve your strength, tone, and flexibility. Remember to stretch for a few minutes before you begin.

7. "L"-Crunch

This exercise is for the upper abdominals. Straighten your legs and raise them as shown. Curl up to about a 45° angle, and then lower yourself to the starting position. Keep your legs raised throughout the exercise. Complete 10 to 15 repetitions.

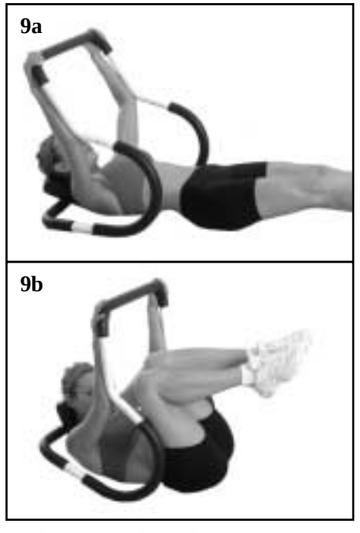
Advanced Exercises–Cont.

8. Advanced Raised-knee Crunch



This exercise focuses on the lower abdominals. Straighten your legs and hold them off the floor as shown in photograph 8a. Curl up to about a 45° angle, bringing your knees toward your chest as shown in photograph 8b; then return to the starting position. Complete 10 to 15 repetitions.

9. Advanced Oblique Leg Crunch



This exercise targets the oblique abdominals. Straighten your legs and hold them off the floor as shown in photograph 9a. Curl up to about a 45° angle, bending your knees and bringing them to the side as shown in photograph 9b; then return to the starting position. Complete 10 to 15 repetitions, alternating sides with each repetition.